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May 14, 1986 — May 28, 1986

Photo by Debi Effron.

Baseball
season gets
underway.
— Page 2

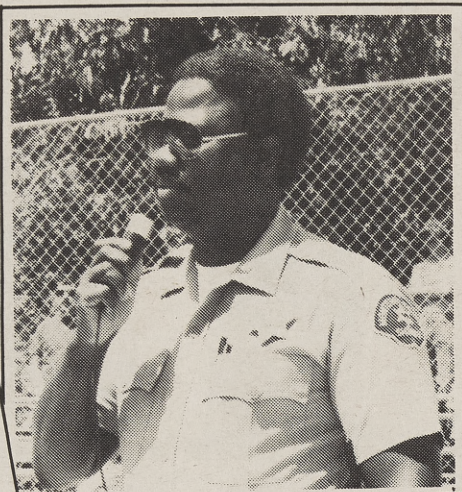
It's time
to get into
the swim.
— Page 10

Before &
after. Quite
a difference.
— Page 4





Nancy Watts threw out this year's first pitch.



The "singing Sheriff," Pat Duval, sang the National Anthem.

Little League 1986

The Carmel Valley Little League celebrated the opening day of the 1986 season on April 26. Former League Secretary, Nancy Watts, threw out the first pitch, Deputy Pat Duval sang the National Anthem and Pastor Patrick Bennie of the Wellspring Church said the opening prayer. If you're a baseball fan, go out and watch the kids as they perfect their baseball skills in all levels of play. The snack bar is open during all games.



Bat-A-Thon winners were presented their trophies during opening ceremonies. Minor League: (L to R) Josie d'Aquanno (8-9 year-olds), Larz Randolph (10-12); Major League: Evi Plata (9-10), Dylan Garrisson (11-12).



The Carmel Valley Community Youth Center would like to thank the following people for their generous donations to our recent Monte Carlo Night.

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Village Market

Upcoming Little League Games

MINOR LEAGUE: Wed., May 14, 5:30 p.m., Toros vs Hornets; Fri., May 16, 5:30 p.m., Broncos vs Cubs; Sat., May 17, 9 a.m., Hornets vs Wolfpack—10:30 a.m., Pirates vs Broncos; Mon., May 19, 5:30 p.m., Hornets vs Cubs; Wed., May 21, 5:30 p.m., Toros vs Broncos; Fri., May 23, 5:30 p.m., Toros vs Cubs; Sat., May 24, 9 a.m., Wolfpack vs Broncos—10:30 a.m., Hornets vs Pirates. MAJOR LEAGUE: Wed., May 14, 5:30 p.m., Volunteers vs Tigers; Thur. May 15, 5:30 p.m., Indians vs Falcons; Sat. May 17, 1 p.m., Tigers vs Lions—3 p.m., Falcons vs Volunteers; Tue., May 20, 5:30 p.m., Falcons vs Tigers; Wed. May 21, 5:30 p.m., Indians vs Volunteers; Thur., May 22, 5:30 p.m., Lions vs Indians; Sat. May 24, 1 p.m., Volunteers vs Tigers—3 p.m., Lions vs Falcons.

Dates To Remember

- **Bloodmobile:** Thursday, May 15, 3-6:30 p.m., Carmel Valley Community Chapel, Paso Honda and Village Drive. Give blood, save lives, bring a friend.
- **Village Cleanup Day:** Saturday, May 17, starting at 9 a.m., meet at the Carmel Valley Community Center.

Meetings Calendar

Carmel Valley Community Youth Center: 7:30 p.m. May 28 at the Activity House, 25 Ford Rd.
Carmel Unified School District: 7 p.m. May 20 at Carmel Middle School. A special meeting will be held May 21 at 5 p.m. to appoint the new board member.

OOPS

This time we have an advertising "oops". In Adina's ad last issue we said Adina's Hairhut. It should have read Adina's at the Hairhut.

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Tigers: (Back) Jeff Kenbrough, Vernon Hendly, Forrest Melton, Chris Trank, Sasha Kauffman, Jamie Cosseboom; (Front) Paul Lewellen, Eric Eyerman, Sam Melton, Eric Kauffman, Daven De Mayo. Coach: Alan Cosseboom.



Volunteers: (Back) Erik Shannon, Elliot Maiorana, Eric McDonald, John Duenemaker, Jason Derr, Dan Powell; (Front) Jobavi Silva, David Soskin, Justin Hoffman, George Neuenfeldt, Jeff Saunders. Coach: Jim Munger.



Falcons: (Back) Paul Dela Cruz, Lance Thompson, Kyle Koontz, Jason Thomas, Joel Lockwood, Jesus Cardenas; (Front) Tommy Fernandez, Josh Sandfer, Tobin Leslie, Colby Corso, Josh Stetson, Matt Murphy. Coaches: Alan Koontz, Kris Koontz.



Lions: (Back) Kyle Reibok, Alex Boal, Robbie Hayes, Dylan Garrison, Louie Dellard, Gami Aliotti; (Front) Gary Grewell, Verin Batchev, Dylan Colena, Chris Gibb, Matt Goldman. Coaches: Gary Rotter and John Aliotti.



Indians: (Back) Cyrus Morris, David Collins, Jesse Ososki, David Burnhard, Sean Boehlje, Jason Burnett; (Front) Dustin Nagai, Scott Hare, Eui Plata, Aaron Gaily, Anthony Herro, Joey Bernardt. Coaches: Dennis Boehlje and Carl Bernhardt. Team Mother: Susan Gayle.



Hornets: (Back) Kristin Snyder, Charles Johnson, Robert Johnston, Kristi Zook, Mark Zurlinden, Annie Masaoka; (Back) Brandon Milligan, Paul Zurlinden, Leticia Silva, Wayland Wisler, Chris Leonoff, Brian Duarte. Team Mother: Cindy Milligan.



Pirates: (Back) Joseph Thomas, Preston Johnson, Kristin Covell, Michelle D' Aquanno, Kete Star Beck-Bratton, Josie D' Aquanno; (Front) Jennifer Covell, Stuart Park, Carl Benigni, Rosie Covello, Aryn Harris. Coaches: Tim Beck-Bratton, Mo Moulaison. Team Mother: Nina D'Aquanno.



Toros: (Back) Shadd Madsen, Ian Dice, Erin Heald, Albeson Temple, Cash Kiel, Justin Tancredi; (Front) Chad Bosso, Brandon Glanville, Jeff Pritchard, Jason Kuenild, Aaron Pritchard, Tammy Mar; (Seated) Will Morris, Lance Kitagawa. Coaches: Tony Glanville, Mel Pritchard, Frank Dice. Team Mothers: May Kitagawa, Lucy Morris.

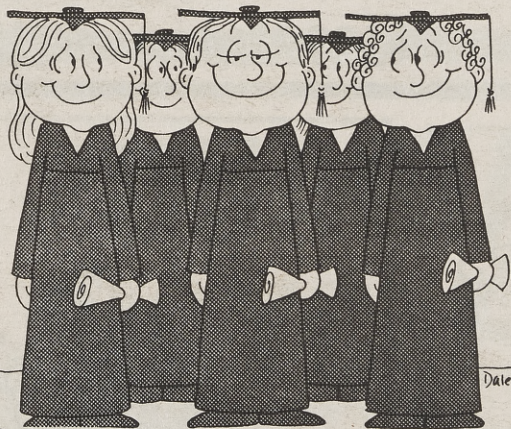


Broncos: (Back) Jennifer Rosenthal, Elizabeth Hill, Lars Randolph, Joleen Vegas, Clair Boal, Justin Stapleton; (Front) Seth Stapleton, Lucas Ingram, Josh Butte, Phil Crosby, Mike Hihler, Sarah Wise. Bat Boys: Danny Rosenthal, Ben Wise. Coaches: Richard Rosenthal, Glen Nolte. Team Mother: Charlene Hohler.

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Wolfpack: (Back) Brett Eyerman, Matt Little, Noah Sherman, Jason Sherman, Elizabeth Lang, Jason Sherry, Aaron Hodge; (Front) Marianne Barber, Sadie Heneks, Erin Scholl, Kyle Decker, Mike Thompson, Lucas Heneks, Stuart McDaniel. Coach— Bob Eyerman, Kathy Eyerman. Team Mothers: Nancy Hodge.



Cubs: (Back) Jessie Peterson, Whitnee Baker, Megan Rowley, Jamie Lang, Olivia Peterson, Amy Dowd, Russel Lockwood; (Front) Evan Heath, Tyson Liss, Jordan Marshall, Tyler Fosso, Bart Rowley, Dylan Wolcott, Garrett King. Coach: Barry Rowley.

Coaches Needed

The Carmel Valley T-Ball organization is in need of volunteer coaches for the 1987 season. T-Ball is for baseball players too young for Little League (under age eight). For more information or to volunteer call Celeste Nichols at 659-4125.

Carmel Valley Sun Page 3, May 14, 1986

T-Ball League 1986



Trackers: (not in order shown) Kasey Kucher, Travis Decker, Thomas Nichols, Joseph Nichols, Ryan Kitagawa, Hernan Cardenas, Jesse Lisks, Erik Smith, Ed Bogart, Geoffrey Dietrich, Nathan Dietrich, Adam Newhouse, Daniel Rosenthal, Christopher Little, Shane Walton, Jacob Kovacks, Andrew Rutherford, Tommy Brant, and Jonathan Lyon. Coaches: Thom and Celeste Nichols, who are also the sponsors for the team, and Rowlf. Cheerleader: Mary Katherine Nichols.



Tool Pushers: (not in order shown) Eric Pressman, Andrew Pressman, Brendan Jones, Jessica Simms, Phillippe Gujjarro, Sandy Miller, Shawn Wells, Alan Wheat, Devin, Michael Arana, BJ Boehlje, Chris Thompson, Zephyr Andrew, Colter Bissell, Brandon Ingram, Jesse Snow, Josh Campbell, and Adam Campbell. Coach: Thom Nichols. Sponsor: Leslie Pressman, The Tool Place, Salinas.

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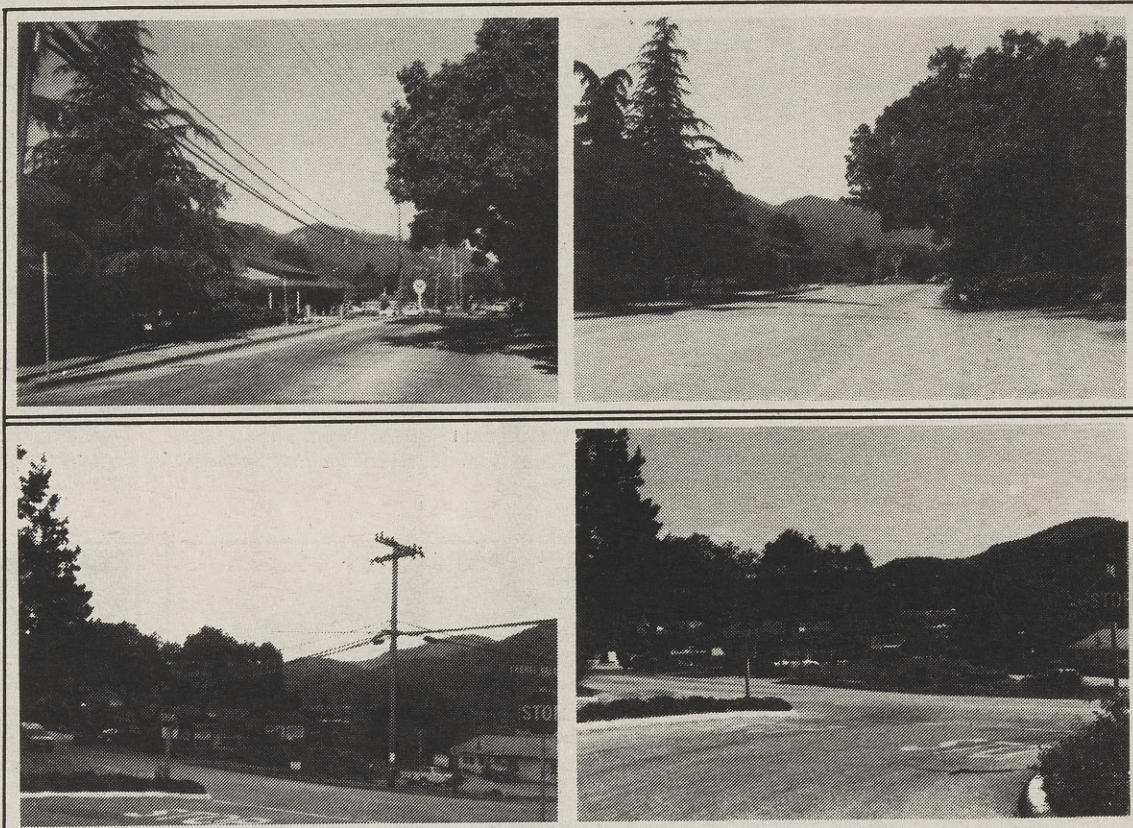
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Carmel Valley Sun

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The Cover

You can tell it's Little League season when the Pirates' flag starts flying over Carmel Valley Floors. The owner, Mo Moulaison, coaches the team.



One look shows the dramatic difference in these before and after pictures of the Village area after utility lines were undergrounded.

One Project Completed, What's Next?

Though you might have watched the poles come down when the undergrounding of the utilities was finally completed, you don't really realize the dramatic difference until you see before and after pictures like those shown here.

Undergrounding the utilities was a project taken on by the Carmel Valley Village Improvement Committee back in 1979. The group discovered that Pacific Gas and Electric had funds set aside for undergrounding utilities in the area and pursued the issue. With the help of the Board of Supervisors, who establish the priorities for undergrounding, the Village area was moved up on PG&E's priority list.

At the request of the Board of Supervisors, during the term of Bill Peters, the Village Improvement Committee was asked to help establish the

boundaries for the undergrounding district. They were limited by funds (just under \$390,000) and the Carmel Valley Road Sub Station on the east.

"That's the maximum they would go money-wise," said Roger Williams, past president of CVVIC. Originally, they had hoped to start the district at Ford Road but, said Williams, "To get the poles down out of that area (Pilot Road to Via Contenta) and the shopping areas seemed to be more important than stretching it (the undergrounding) sideways."

The project took seven years to complete. This according to Peter Coakley who headed the undergrounding committee, was due to several factors, a change in PG&E personnel on the project was one of them. "It took time to get replacements and for them to get familiar with the project,"

said Coakley.

"One thing that delayed it the longest was getting everybody to sign up and get their electrical contractor to attach (the utilities) from the building to the meter," said Williams. Completing the hook-ups took over two years. Though the actual undergrounding was completed they couldn't cut it off until everybody was hooked up.

The next step, according to Coakley, is to replace street lights removed during the undergrounding as requested by shopkeepers. CVVIC has already had several inquiries and are expecting more.

Any lights put up by the shopkeepers are supposed to conform with a County Ordinance adopted in 1984, calling for a low, lantern type light with low sodium vapors. For those in the

continued page 9



Ontrays

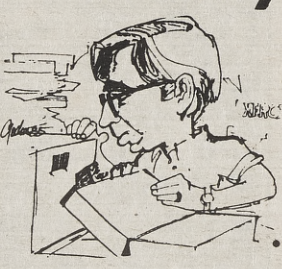
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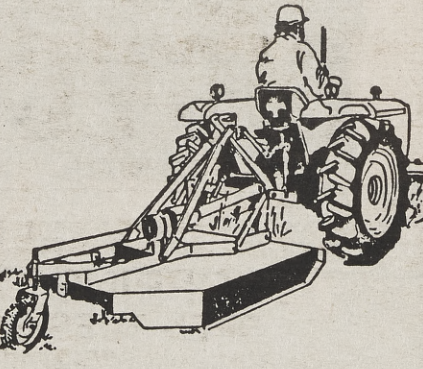
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Given With Love

Christine Saur was thrilled recently when friends presented her with a Cannon Communicator M. Christine, who has a speech handicap can now communicate through the device which prints her messages on paper tape. The Communicator weighs only 9.2 ounces and has a keyboard on which she can type easy-to-read messages in regular or large print. After a brief instruction from Sheryl Warner (below) on how to use the machine, Christine typed up her first message. It read: "I love you all very much." Pictured with

And She's Only Two

Andrea Christine Kimbrough is a two-time winner at the ripe old age of two. She recently won the Monterey County Universal Beauty contest and was also named Monterey County Mini Queen. Andrea's mother, Shawnee, entered her into the contest on a whim. She did her mom and dad, Buddy, proud by walking away with both titles. Andrea will go on to the state pageant on July 10. From there, who knows?

Christine are friends who helped organize the surprise: (standing) Joseph Cloonan, Dr. Marvin Goldstein, Judith Hunt, Lee Warner, (kneeling) Susie Hansen and Sheryl Warner. Those that helped to purchase the Communicator were Al Schadel (The Last Chance), Mary Edwards (C.V. Natural Foods), Bob, Dr. Goldstein, Ken Copsey (C.V. Pharmacy), Kasey's, Joseph Cloonan, Dennis and Robin Boehlje (C.V. Hair Center), Bob Sierra (Grapevine Liquors), Judith Hunt, Devannie Sommerville (Devannie's Hair), Mr. and Mrs. R.T. Nimmons, Sandi Christensen, Susan Saunders (Sweet Retreat), Lola Rea Black, Jim Poulos (Village Market) and Alethia Coombs. Their donations

were made tax deductible thanks to Pastor Patrick Benny and the Wellspring, a new Foursquare church.



STEW'S PLUMBING

Young Adults & Senior Citizens Working Together Must Plan For The Future Of The Carmel Valley Village Area

Existing lots of record in C.V., undeveloped, developed, or in the flood plain. Can you build a home, add a bedroom for the new baby, or remodel? Can you add a guest house for your mother and father who can not live alone, but are not ready for a rest home? County ordinances may now restrict what you can do. Even if in the past it was acceptable. We as the public had little input because we were unaware of the planning ordinance changes in progress.

A young couple that was raised in C.V. wants to start their family here and give their children the type of life they had. What is financially available for them? A smaller home. Something they can remodel and add to as their family and income grows, or a smaller undeveloped lot to build their home on. These affordable pieces are usually near the river in the flood plain, or in restrictive areas with strenuous ordinances that do not apply to other areas of C.V. The present septic ordinance now may require 2-3 times the system then the existing house next door has. Should these parcels be allowed variances so they may be developed as intended when subdivided many years ago.

You now own your family dream home. Your elderly mother calls and said "father failed his driving test for the last time because of poor eye sight." Mother has never driven. They do not want to move to a rest home. You want to build a guest house for them on your property. They will be close and you can watch and help them when needed. Recent ordinances restrict the size of guest houses, how close it is to the main house, and no kitchens allowed.

A healthy environment blends both young and old residents together. An area with only one age group soon becomes stale and stagnant. All residents of the community must get actively involved and be represented before our county government. This can be done through sincere property owner's associations and active advisory committees. Let your views be known. Fifth District Supervisor Karin Strasser Kauffman—649-6515; Monterey County Planning Dept., Robert Slimmons—422-9018; Monterey County Environmental Health Dept, Tom Updyke—373-0111.

This is brought to you as a community awareness, sponsored by Stew's Plumbing. 659-2411.



Youth Center Board Seeking New Directors

At the April meeting of the Carmel Valley Community Youth Center Board of Directors, a nominating committee was formed to suggest the names of individuals who might serve as Board members.

Board members manage the operations of the Youth Center programs and facilities. Responsibilities include board meetings, sub-committee meetings, fund raising, and participation in events such as Santa's Fly-In, Music in the Park and membership drives.

If you are interested in helping meet the recreational needs of the community call Bob Heald at 659-2021 or 659-3772 to volunteer.

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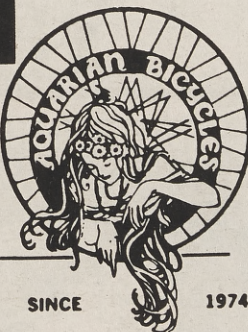
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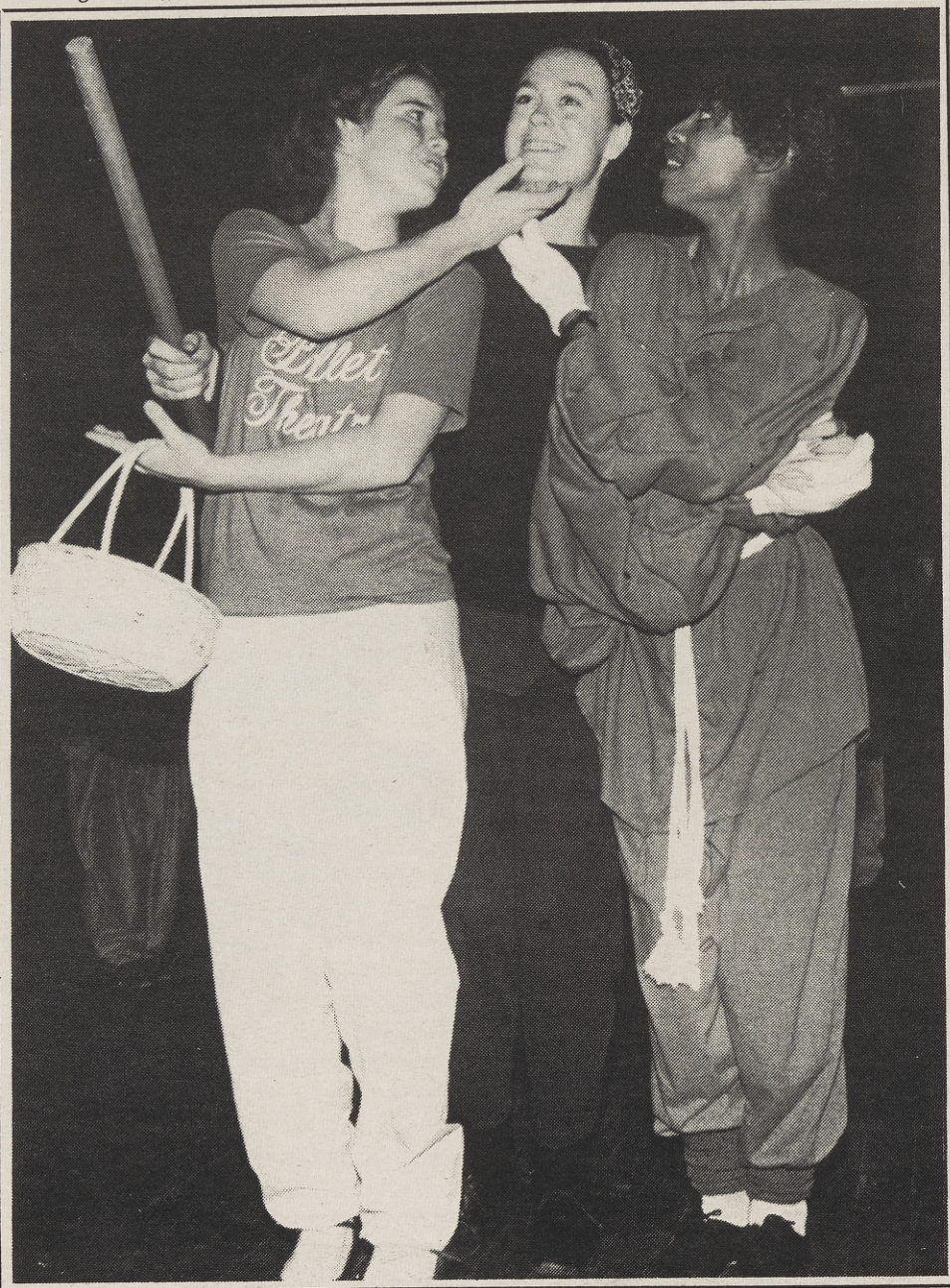
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Photo by Debi Effron.



Library Film Features Bogart

The Carmel Valley Library will show another classic film on Friday, June 6th at 8 p.m. sharp. The film, starring Humphrey Bogart, Gloria Grahame and Frank Lovejoy is titled *In A Lone-*

ly Place. Admission is \$2 adults, \$1 children. The Library is located in the old Buckeye Building, 65 W. Carmel Valley Road. For more information call 659-2377.

Photographer's Work Selected For Juried Show

Debi Effron of Valley Photo was among the winning photographers in the Fourth Annual Photographic Competition sponsored by the Monterey Peninsula Museum of Art. Though not a top prize picture, her photo was among the 50 finalists out of 753 entries.

The winning photos will be on exhibit through June 8. The Museum is located at 559 Pacific Street in downtown Monterey. Admission is free. Hours are Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m.

Hidden Valley Dance Program To Perform "Wizard Of Oz"

The Hidden Valley Dance Program will present *The Wizard of Oz* as a jazz ballet, May 16-18, in Hidden Valley Theatre, Carmel Valley.

John Pasqualetti, Dance Program Artistic Director, provides lively upbeat choreography for this contemporary version of L. Frank Baum's children's classic. Music for the production is by Jason Anderson, Hidden Valley Dance Program Pianist. He bases his jazz interpretation on music from the original film score by the late Harold Arlen. Anderson is known to many Peninsulans as Choir Director and composer for the Carmel Mission Basilica. Mary Ann Seymour executes John Pasqualetti's flowing contemporary costume designs in brilliant colors. Seymour, a Watsonville native, spent nine years as Company Manager and Costumer for the Pacific Ballet in San Francisco when Pasqualetti served as its artistic director.

Over sixty dancers perform in *The Wizard of Oz*. The role of Dorothy is danced by thirteen-year-old Erica Lewis, daughter of Mr. and Mrs. Leland Lewis of Carmel; her dog Toto, by Dana Leidig, daughter of the Ted Leidigs of Carmel. Gloria Simon, a registered nurse from Salinas, is the Scarecrow. Simon has been accepted

in the upcoming summer program of the Dance Theater of Harlem in New York City. Pasqualetti's trademark of using "live" scenery is evident, as several children are cast as a moving "Yellow Brick Road."

Appearing as the Wicked Witch of the North is Virginia Bell of Carmel Valley. Bell appeared earlier this season as Mrs. Crachit in Pasqualetti's ballet *A Christmas Carol*. Also from Carmel Valley are Elvina Scott as the Tin Woodsman and Rosina Didyk as the Cowardly Lion.

All performances of *The Wizard of Oz* take place in Hidden Valley Theatre, Carmel Valley Road at Ford Road. Performances are scheduled on Friday, May 16, at 8 p.m.; Saturday, May 17 at 2:30 and 8 p.m.; Sunday, May 18 at 2:30 p.m. The production is one and a half hours in length including one intermission. Tickets are \$8 each for adults and \$5 each for children, twelve and under. They may be purchased in advance from Hidden Valley, 659-3115; Country-wide Crafts, the Barnyard, Carmel; How To Do Anything Bookstore, Lobos Court, Carmel; Abinante Music Store, Monterey; Prim & Proper, Pacific Grove. Early purchase is advised.

I Cantori Di Carmel To Perform Romantic Music

I Cantori Di Carmel, under the direction of Dr. Sal Ferrantelli, will perform music of the Romantic Era on May 17 and 18 at 8 p.m. at the Carmel Mission Basilica.

The program includes two motets by Anton Bruckner, Brahms' *Song of Fate*, and the Faure Requiem. Soloists joining I Cantori for the Faure will be soprano Velvali Huston and baritone

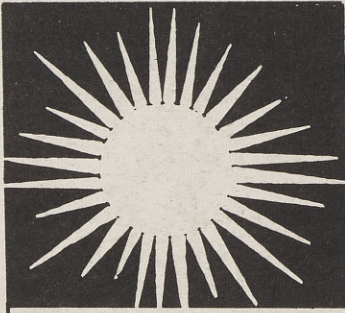
Reg Huston. A full orchestra will accompany the pieces by Brahms and Faure, while the motets will be performed a cappella.

Admission is \$9. Tickets may be obtained at Do Re Mi Music in the Barnyard, Bookworks in Pacific Grove, The Book Tree in Monterey, Center Stage ticket outlet, or by calling 625-0944, or 659-3937.

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GOING MY WAY

Travel Tips by Thom Gulliver
Courtesy of Carmel Travel

Expo 86 Part II

The sun sets as the large white cruise ship pulls into the dock. A single piper emerges from the purple shadows in the full dress of a Scottish Highlander and the shrill sweet strains of *Amazing Grace* float over the water. Shivers ascend your spine, a lump forms in your throat, and you're glad you are here in Victoria, the most British of Canadian cities. You came over to this island by ferry this morning from Vancouver where you had spent three days visiting Expo 86 and now you are doing some additional sight-seeing. You spent the day at the beautiful Butchart Gardens and arrived in the city in time to have high tea in the lobby of the world famous Empress Hotel. Now you are standing on the terrace of your hotel, the Laurel Point Inn, with its full view of the Inner Harbour.

Victoria is one side trip any visitor to Expo 86 must not miss. And there are many others. Vancouver is the gateway to Alaska to the north and the Canadian Rockies to the east.

This summer there will be more cruises to Alaska than ever before. For example, the Holland America Line has the *Noordam*, *Rotterdam*, and *Nieuw Amsterdam* providing 7 day Inside Passage cruises from Vancouver, calling at Ketchikan, Juneau, Sitka, and the breath-taking Glacier Bay. Their package ship-train tours depart from California cities every Tuesday, Thursday, and Sunday from May 18 to September 14. The tour includes Amtrak's *Coast Starlight* to Seattle with your choice of sleeping accommodations from a reclining coach seat to a deluxe bedroom with private bath. One night's lodging at the Seattle Sheraton is included and deluxe motorcoach transfers from Seattle to

Vancouver. Three nights lodging in Vancouver at the Hotel ss. *Prince George*—a floating cruise ship hotel that is docked at Canada Place, which is part of Expo 86—can be selected at either before or after your Alaska cruise. Since the cruise ships dock at the same pier, transfers are very easy. Three day Expo 86 tickets are also included. If you don't like to fly, this is the way to go.

But if you do like to fly and time is essential, several airlines offer convenient flights directly to Vancouver. And if you find hotel accommodations hard to get, call Gray Line Tours. They offer 2, 3, 4, 5 or 6 night hotel packages combined with city tours as well as sight-seeing trips to Stanley Park, the Aquarium, Chinatown, and Grouse Mountain Superskyride.

The Jesters, the fund-raising group for the Monterey Peninsula Museum of Art, are sponsoring an air-sea-bus-train package to Expo 86 and Alaska. The tour leaves Monterey airport on August 26 with a direct flight to Seattle, motorcoach to Vancouver, two nights at the Hyatt Regency hotel, two day tickets to the fair, a 7 day cruise on the ss. *Rotterdam* via the Inner Passage to Alaska, return to Vancouver, motorcoach to Seattle and then the Amtrak Coast Starlight to Salinas. Cost of the package begins at \$1,270 with a \$75 tax deductible gift to the Museum. Call 624-1501 for more information.

Or you can fly to Fairbanks, Alaska, take the Midnight Sun Express train to Anchorage via Denali Park and Mt. McKinley, then board a ship for the sail to Vancouver. This is just one of several Conner Tours to Alaska. They offer Nome, Kotzebue, Whitehorse, and other out of the way places in our

largest state.

And speaking of out of the way places, if you really want to be adventurous and get to parts of the Alaskan coast where most cruise ships can't go, then book passage on one of the Exploration Cruise Lines trips. Does Sergius Narrows, Icy Strait, Misty Fjords, Peril Strait, Ford's Terror, and Snow Passage turn you on? Actually, they are quite safe and your accommodations luxurious. In fact, Exploration's newest ship, a triple deck luxury yacht catamaran, the *Glacier Express*, will be exploring the Inside Passage this summer.

Or perhaps you prefer dry land—then head east for the Canadian Rockies by plane, train or tourbus, or a combination of all three. The possibilities are limited only by your imagination and the sights you want to see. And you will see some of the world's most spectacular scenery—truly a photographer's paradise.

For example, take the sleeper to Lake Louise on one of the last great trains on the American continent. Next morning you breakfast in the diner surrounded by the grandeur of the mountains. The dome cars offer spectacular views in all directions, especially straight up. At Lake Louise you check into the Chateau. Sights to see include Emerald Lake, Kicking Horse Pass, and Moraine Lake in the Valley of the Ten Peaks. Horseback riding, canoeing, and swimming are favorite sports in the area.

Next, travel north on the Columbia Icefields Parkway 150 miles to Jasper. Stop at the awesome Athabasca Glacier and take a snowcoach ride on this prehistoric frozen river. Check in to the Jasper Park Lodge. Take a sightseeing cruise on Lake Maligne or go river rafting, fishing, or play golf. Then follow the Sawtooth Mountain range south to Banff and register at the Banff Springs Hotel. If you don't play golf, then go mountain climbing in a gondola up the side of Sulphur Mountain for the spectacular view of Bow Valley or float in their pool and just contemplate the mountain. If you are there between July 4 and 13, take a motorcoach over to Calgary for the Stampede—one of the world's best professional rodeos.

Of course, if you really want to see the wilds of Canada, sign on for a visit to the primordial world of Canada's sub-arctic Hudson Bay. The train will take you to Churchill where you, secure in a Tundra Buggy, can observe the Great White Polar Bear in its natural environment. Meet the Inuit people, America's earliest inhabitants. It can be the experience of a lifetime if you remember not to cuddle the bears!

These are some of the things you can do, some of the sights you can see on your way to or from Expo 86. To list them all would fill several columns. Instead, stop in at one of Carmel-Monterey Travel's four offices and pick out your own adventure 86.

Bon voyage!

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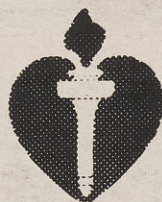
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HELP YOUR HEART



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AHA

Controlling high blood pressure reduces the risk of stroke significantly, says the American Heart Association. The AHA points out that more than 150,000 Americans die from stroke each year. But the good news is nearly two million people are alive today who have survived stroke.

Despite the improving survival rates, stroke, also called cerebrovascular disease, remains the third largest cause of death in the United States. It is also the greatest single cause of disability. Stroke accounts for an estimated one-half of all patients hospitalized for acute neurological disease.

High blood pressure is the most serious controllable risk factor for stroke. In fact, the risk of stroke is directly related to a person's blood pressure. What makes hypertension even more significant, however, is that it is a problem that afflicts a large portion of the population. Women don't tolerate hypertension any better than men, and the effect of hypertension does not ease as a person gets older.

The AHA estimates that currently high blood pressure afflicts 54,990,000 adults and 2,720,000 children aged 6 through 17.

Controlling high blood pressure reduces the risk of stroke significantly. Many people think that the fact that hypertension is now being controlled more effectively is the key reason why the death rate from stroke has declined over the past decade.

In the 1940s and '50s, mortality from stroke dropped at a rate of one percent a year. The rate of decline gradually climbed during the 1960s, and since 1972 stroke mortality has

declined about five percent each year. A key reason for this sharp decrease, experts believe, is better control of high blood pressure.

May is National High Blood Pressure Month, and the American Heart Association encourages people to have their blood pressure checked. If it is elevated a physician might outline some lifestyle changes which can often bring blood pressure under control. These could include reducing the amount of sodium (salt) in the diet or reducing weight. Medication to control elevated blood pressure could also be prescribed.

In addition to elevated blood pressure, there are other stroke risk factors that can be controlled—heart disease and too many red blood cells. A high red cell count can be treated by removing blood or with anti-clotting drugs. Five contributing stroke risk factors that cannot be changed are age, sex, race, diabetes and prior stroke.

The AHA says secondary risk factors for stroke include elevated blood cholesterol levels, cigarette smoking, excessive alcohol consumption, physical inactivity and obesity. These factors increase the risk of heart disease, which in turn is a primary risk factor for stroke. Women who take oral contraceptives and smoke cigarettes are at a considerably increased risk for stroke.

Stroke can be treated, and its victims can often be rehabilitated, at least partially restoring their mobility and their ability to speak. Patients can be taught new skills to cope with their disability. But, the AHA notes, the best remedy for stroke is prevention.

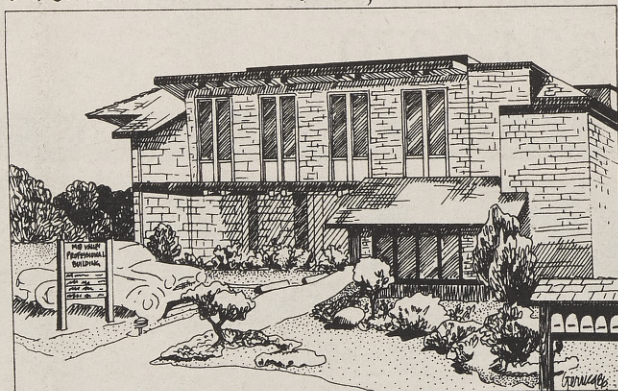
Alliance On Aging To Host The Ultimate Tea

The Alliance on Aging Auxiliary, formed in 1985 to raise funds for the alliance, announces TAT, The Ultimate Tea. This will be held Sunday, May 25 from 3 to 5 p.m. at The Old Whaling Station in Monterey. American, British, Oriental, Indian, Russian teas and refreshments will be served. Other planned activities include musical

entertainment, reading of tea leaves, and an auction of collectibles. Tickets at \$10 can be obtained at the New Monterey Neighborhood Center, Alliance on Aging in Salinas, the Alliance on Aging office in the Park Lane, Monterey, or at the door.

For more information call 649-1222.

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Female Health To Be Discussed At Forum

"Problems in Female Health" will be discussed by a panel of three physicians at a free health forum from 9 a.m. to noon Saturday, May 17 in the Main Conference Room at Community Hospital.

Dr. Lola Steinbaum, an internist, will discuss "Osteoporosis: Fact, Fiction and Hormones," an update on the bone disease which affects middle aged women, its diagnosis and treatment, and risk factors. The role of calcium in its prevention and the use

of the hormone thyrocalcitonin also will be discussed.

Dr. John Benner, a surgeon, will discuss "Breast Disease: An Overview from Benign to Malignant." And Dr. Teresa Durbin, and obstetrician/gynecologist, will discuss venereal disease in women.

After each presentation, there will be a question and answer period. The public is invited but seating is limited, so early arrival is suggested. Call 625-4505 for more information.

Alcoholism Film To Be Shown

"Children of Denial," a film about alcoholism, will be shown free to the public at 6:30 p.m. Wednesday, May 21 in the Education Building behind the Community Hospital Recovery

Center, 576 Hartnell St., Monterey.

After the film, a discussion will be conducted on drug and alcohol addiction. For more information, call 373-0924.



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Out On His Own

Always throwing you little curves, life puts you where you least expect it. Take Martin Woodward, owner of Carmel Valley Pool Service, for instance. Martin started out in the pool maintenance over 15 years ago as a summer job. When he left it to join the Navy he swore he'd never do it again. Now, years later, he's in the business, this time though, he's running his own shop.

He hadn't initially planned on returning to pool servicing after leaving the Navy but after drifting through odd jobs he found he liked pool maintenance the best. "It was an occupation I could pursue and make a living at," he said. It also gave him the variety he longed for and let him be outdoors.

He has spent the last 15 years with the same company learning the technical aspects of pool maintenance. Having mastered that, he felt it was



time to learn the other side of the business and decided to start his own company.

As Carmel Valley Pool Service, Martin handles all phases of the pool, hot tub and spa industry "except for con-

struction," he said. Though he doesn't keep them in stock, he also has access to any necessary supplies, including chemicals, heaters, pumps and lights. He promises no frills, only practical and efficient service, so things "don't cost an arm and a leg."

With his new business venture Martin's concerns are not only with his operations but with his reputation as well. "I would like to have a good reputation and provide the best service that could possibly be provided," he said. To be considered honest and reliable were important too, but, he said "that should be the goal of any business."

Helping out with the business will be Martin's wife Becky, who will be the voice on the other end of the phone when you call. She will also be handling the bookkeeping end.

Martin and Becky have been long

time peninsula residents. They live in the valley with their two children, Jeremy and Kristel.

Audubon Outing Will Be At Elkhorn Slough

The Monterey Peninsula Audubon Society will host a field trip through the upper Elkhorn Slough on Saturday, May 17. Participants can carpool by meeting at K-Mart, Seaside, at 8:15 a.m. Non-carpoolers can meet at the intersection of Dolan Road and Highway One in Moss Landing at 8:45 a.m. The leader for the outing is Jo Stallard (375-9357).

Village Improvement Committee (continued from page 4)

undergrounding district requesting lights around their business, the County has made arrangements with PG&E for low monthly payments and no up front charges.

Setting up a uniform street lighting with the help of a tax-based district was once a goal of CVVIC's. Public protest, however, prompted them to drop the project though they still feel there is a need. According to Coakley there will be a time when the street lights will be appreciated and accepted.

Street lights are only one of the concerns of the Village Improvement Committee, said current president Bill Parham. The group has organized an annual Village Clean-up Day which is scheduled for May 17 beginning at 9 a.m. at the Community Center. The planned work area covers Ford Road

to Rippling River and the areas that branch out from there.

Another project in progress is placing trash receptacles throughout the Village. They hope to have six in place by June. Arrangements have been made with shopkeepers to have the receptacles dumped periodically.

Materials for the trash containers were donated by M.J. Murphy, PSTS and Tom Ewen Woodworking. Another proposed project is cleaning up the vacant lot next to the Grapevine Deli. According to Parham, most of CVVIC's projects are financed through donations from members.



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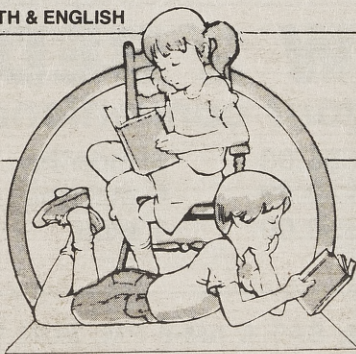
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FFA REPORT

by Joleen Lambert

As the Salinas Valley Fair in King City draws near, Carmel FFA Chapter, as well as other chapters, has been busy preparing for the fair. It is on May 14-18. Club members showing at the fair include Heather Cox (lambs); Debbie Sandman (lambs and rabbits); Lisa Swift (lambs and horses); Joleen Lambert (horse and swine); John Tole, Terri Allred and Gary Paddock (swine); and Cheryl Updyke and Lisa Spicer (rabbits).

If anyone is interested in purchasing an animal from these members, they can contact Mr. Meyenberg at Carmel High School.

At the March meeting, we had an election for FFA treasurer since Ericha Krakenberg moved and had to drop the office. Margie Neidinger became the treasurer, so we had another election for Sentinel which Garry Paddock won.

The Sectional Project Competition banquet was Thursday, April 24 at the Salinas Elks Lodge. The members of the chapters that competed in the sectional competition were honored.

Barracudas Start Practice Sessions

Practice sessions for the Carmel Barracudas, a competitive swim team, are being held at the Carmel Valley Community Youth Center pool Tuesdays through Fridays. The team is open to anyone interested in competitive swim. The only requirement is that the swimmer can swim a lap in the

Our last chapter meeting at Carmel High School was on April 17 in the Agriculture room. We had a sweetheart contest. Contestants were Margie Neidinger, Joleen Lambert and Lisa Swift. The Sweetheart for 1986 is Joleen Lambert who replaced the 1985 Sweetheart, Cindy McQueen.

The State Convention was the first weekend of May at Cal Poly in San Luis Obispo. Carmel FFA sent Heather Cox and Joleen Lambert as delegates.

There are several Carmel Agricultural jackets on sale at \$15, they originally sold for \$25. For more information or any questions call Mrs. Meyenberg at 625-8048.

Boronda 4-H Members

Besides members of the FFA, several members of the Boronda 4-H will be participating in the Salinas Valley Fair. Among those showing animals are Heather and Phyllis Cox (rabbits and goats); Amy Lambert and Ben Maxinoski (rabbits); and Kimberly Pullman and Marni Marasco (horses). We'll let you know the results.

pool using any stroke.

Workouts for novices begin at 3:30 p.m.. Regular age group workouts begin at 4 p.m. Returning as coaches will be Larry Challis as head coach, Diana Whiteside and Rich Holine.

For more information call 659-0688.

Youth Center To Offer Day Camp

by Louise Riddle-Kaufman, Director

"Good morning boys and girls, how is everyone this morning?" It is 10 a.m. and another day at the Carmel Valley Community Youth Center Day Camp has begun. Phyllis is checking in with the campers before she explains the day's schedule, for each day at camp is different.

This summer, for the first time, specialists are involved in the daily plans. Some days there will be a tennis instructor from Quail Lodge to teach tennis to the older campers, other days Miss Gina will come for music and drama. There will also be sign language taught, as well as art and dance classes.

All of the special instruction is in addition to an already exciting summer day camp program. Many activities will focus on nature. There will be hikes, field trips and over night stays. The children at camp plant a garden every summer. And of course, games, crafts and lots of laughter and fun are part of every day camp program. The children will also be able to swim in the pool every afternoon during recreation

swim.

Camp hours are from 10 a.m. to 4:30 p.m. There will be a Before and After Camp program available for those children who need additional care. The Before Camp program will begin at 8 a.m. and the After Camp program will end at 5:30 p.m. Those children who wish to participate in both day camp and swim lessons, should sign up for the 9 a.m. swim lessons so that they will be ready for camp at 10 a.m.

Fees for camp are \$47.50 per week for children enrolled for the entire week. Children may enroll part time at \$11.50 per day with a minimum of two days per week. Before and After Camp fees are \$1.75 per hour with a minimum of ten hours purchased in advance.

We hope your elementary school aged child will join us for an exciting summer at the C.V. Community Youth Center Day Camp. For registration or further information, call 659-3983 or come by the Center's office any morning.

Youth Center Pool To Open

Opening day for the Carmel Valley Community Youth Center pool will be Saturday, May 17. The pool will be open from 11 a.m. to 3 p.m. Saturdays and Sundays only through June 16, then the regular summer schedule will begin.

This year, the pool will be under the supervision of the YMCA. Swimmers must bring their own towels and no toys or air mattresses will be permit-

ted. Portable lounge chairs, however, will be permitted.

Admission for swimmers is \$1.50 per entrance or \$20 for 20 swim cards. Season passes are also available at the Youth Center office, prices vary.

For more information call the Youth Center office, 659-3983, weekday mornings or the pool office, 659-2606, weekends.

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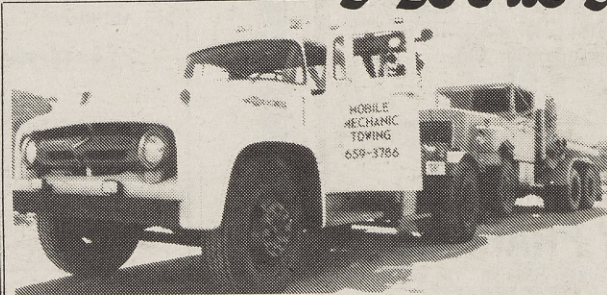
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Alliance Meetings Announced

Members and guests can look forward to a variety of topics at the remaining meetings of the Alliance on Aging for the month of May. The Alliance meets every Friday at 11:30 a.m. in the Pacific Grove Community Center.

A legal review will be presented on May 16 by local attorney, Dennis Fox. The discussion will include joint tenan-

cy, community property and wills.

Mary Rile, a retired Monterey Peninsula Instructor, will present a slide show on May 23. Her program will be "Africa: Kenya Safari."

The May 30 meeting will feature a fashion show. Presented will be items from Lee Alonso's sewing classes.

For more information call 649-1222.

Tularcitos Fundraiser Will Include Barbecue

Tularcitos School supporters should mark their calendars for the annual fund raiser to be held at 6 p.m. May 31 at the Carmel Valley Community

Youth Center. This year's event features a silent auction, raffle and steak barbecue. Admission is \$25 per couple.

Annual Flower Show To Be Held May 17

The Annual Flower Show, sponsored by the Carmel Valley Garden Association, will be held May 17 and 18 at the Tularcitos School, Ford Road and Via Contenta, in Carmel Valley Village.

On display will be single flower samplings from local gardens, flower arrangements and house plants. There

will also be a plant sale and fresh vegetable stand. Hours are 1-5 p.m. on Saturday, 11 a.m. to 3 p.m. on Sunday.

This is the 24th Flower Show in the 28 years the Association has been in existence, no shows were held during the drought years.

Kiwanis Horse Show Opens To Entries

The 16th annual Carmel Valley Kiwanis Club Summer Horse Show will be held on June 29 at the Carmel Valley Trail and Saddle Club, Dr. Steve Austin, secretary-manager of the event, has announced.

"This year, to the 62 classes in the Western and English divisions, we've added two categories for riders nine years and under," Austin said, "this will give young riders a chance to compete in a class of their own."

He urged horsemen and horsewomen of all ages to enter as soon as possible.

"Premium sheets for entry have been mailed to 500 people in the area," he said, "and we've distributed many more to feed stores, tack shops, riding stables, and Western stores."

Austin pointed out that entry fees right now are \$8 for all classes except the \$100 Western Pleasure stakes and

the \$100 Working Hunter stakes, which are \$10, plus the Dollar Derby which is \$3.

"However, after the entry closing date of June 23, a \$2 additional post entry fee will be charged for all classes except the Dollar Derby," he stated.

Admission to the show is free to the public and the grounds of the Carmel Valley Trail and Saddle Club will be open from 8 a.m. to 6 p.m. on June 29. Kiwanis Club members will man food booths and proceeds will benefit Carmel Valley youth projects.

Carmel Valley Kwanis Club volunteers responsible for various functions in this year's show are: Trophies: Orville Rogers, Gary Tate; Concessions Jack George, John Tobias, Randy Randazzo, Dave Behrant; Programs: Steve Austin, Ralph Auer; Publicity: Rodger Weeks.

Cachagua Area Advisory Committee To Be Formed

Fifth District Supervisor Karin Strasser Kauffman is seeking interested Cachagua area residents who would be available to work with the Planning Department in formulating the upcoming Cachagua Area Plan. This newly appointed Citizens Advisory Committee will begin work in July and will meet in regular sessions over the next six to twelve months.

The Cachagua Citizens Advisory Committee (CCAC) will advise the County Planning Department in its preparation of the Cachagua Area Plan, one of eight detailed planning

areas within the Monterey County General Plan.

"This Advisory Committee is crucial to the formulation of the Plan," Strasser Kauffman said. "The Cachagua area is among the County's most pastoral and beautiful, an area worthy of the most careful planning we can accomplish."

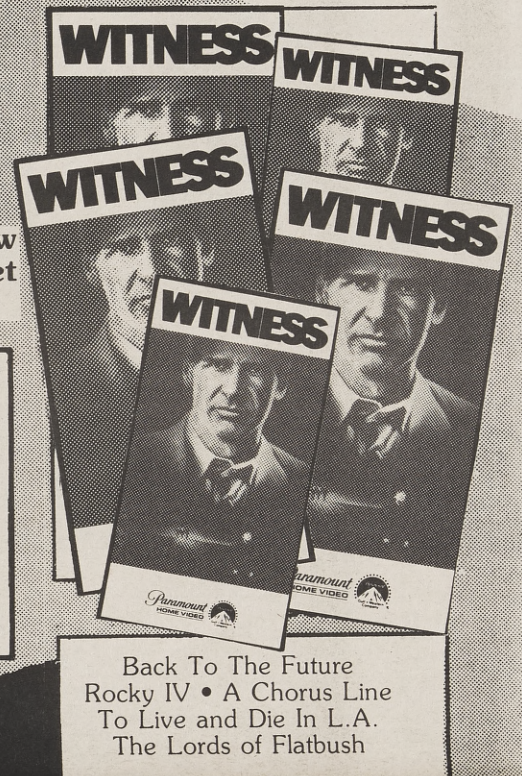
Cachagua area residents interested in serving on the CCAC are urged to contact Supervisor Strasser Kauffman by mail at 1200 Aquajito Road, Monterey, or call 649-6515.

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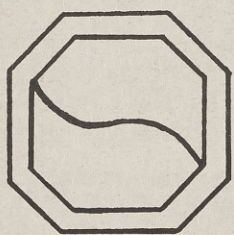


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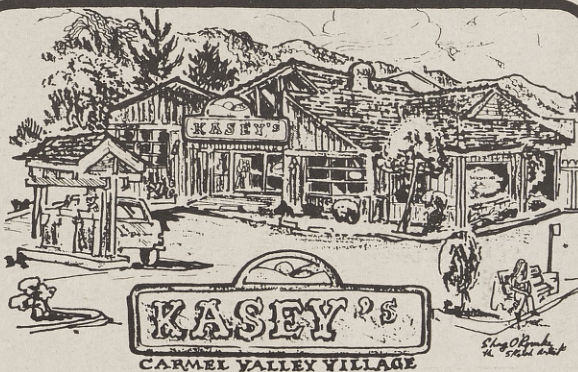
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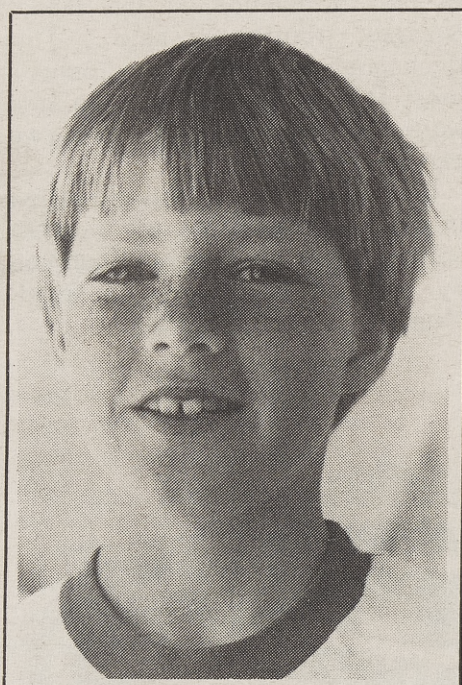


9:30-5:30 Mon.-Sat., Closed Sun.
White Oak Plaza, Carmel Valley Village
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VALLEY VOICES

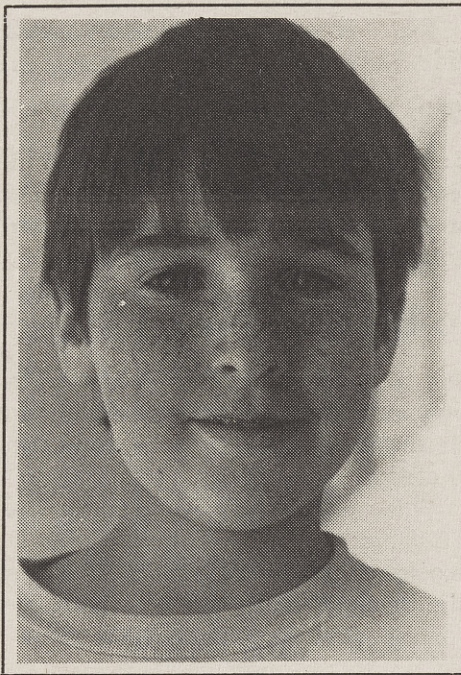
Photos by Debi Effron.



Paul Lewellen—Age 9
"Bill Murray because he's funny."



Sarah Eaton—Age 9
"Juice Newton because she's such a good singer."



Chad Bosso—Age 9
"Tom Selleck because he's my favorite star. He's also my mom's."



Christi Stuber—Age 9½
"The President of the United States just because I'd like to see what he's like."

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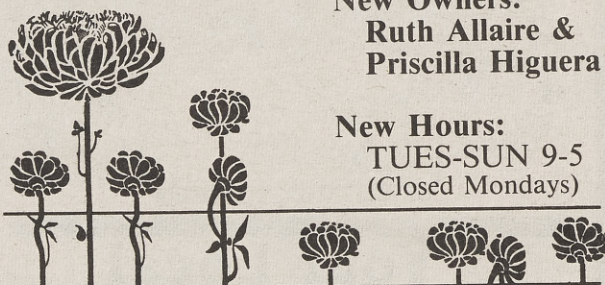
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